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Indigo Books
turning the pageDespite closing three of its largest
stores this year, CEO of the
bookstore says the company is
scouting new locations

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November set to
be a challenging
month for SensTeam will be put to the test as it
plays 12 games in the next 25 days

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Two Liberal MPs kicked out of caucus for misconduct

'Serious' allegations.

Justin Trudeau says he removed Quebec MP Massimo Pacetti and Newfoundland MP Scott Andrew

Two Liberal MPs have been kicked out of their party's caucus amid accusations of personal misconduct made by two female members of the NDP.

Liberal Leader Justin Trudeau says he removed Quebec MP Massimo Pacetti and Newfoundland MP Scott Andrews because their accusers, one of whom approached him personally, deserve the benefit of the doubt.

Trudeau says Pacetti and Andrews are denying the allegations, which he would only describe as "serious" allegations of "personal misconduct."

He also says he has asked House of Commons Speaker Andrew Scheer to investigate.

Trudeau says the House of Commons needs to have clear guidelines and procedures in place to deal with such situations, similar to those in other workplaces.

"We have a duty to protect and encourage individuals in these situations to come forward," Trudeau told a news conference.

"The action must be fair,



The federal Liberals have kicked two MPs out of their caucus over accusations of personal misconduct made by two members from another party. A source familiar with the matter have identified the two as Quebec MP Massimo Pacetti, left, and Scott Andrews, the member for Avalon in Newfoundland and Labrador and the party's ethics critic. Liberal whip Judy Foote wrote to Commons Speaker Andrew Scheer Wednesday to say she has looked into the allegations and that the two former Liberals are denying the claims. ADRIAN WYLD/THE CANADIAN PRESS

but decisive. It must be sensitive to all affected parties, but recognizing how difficult it is to do so, it must give the benefit of the doubt to those who come forward."

Pacetti is a Quebec MP, while Andrews — the member for the riding of Avalon in Newfoundland and Labrador — served as the party's ethics critic.

Liberal whip Judy Foote wrote to Scheer today to say she has looked into the allegations and that the two former Liberals are denying the claims.

Foote said she discussed the matter with the two women — both members of the New Democrats, a party source said — on Oct. 30, but her letter did not provide de-

tails of the allegations.

NDP Leader Tom Mulcair made a brief statement earlier acknowledging the need for all parties to work together.

"We want to make sure that all parties work on these issues and I think it is something that we should do together to show that it is something on which we all agree," Mulcair said.

"For obvious reasons, I will not make any further comment on this at this time in order to respect the privacy of the people concerned."

Andrews, 39, was first elected as in 2008 and re-elected in 2011. As an MP, he has served on a number of committees, including fisheries, veterans affairs and natural resources.

He most recently served as the Liberal critic for access to information, privacy and ethics.

Pacetti, 52, is a veteran MP who was first elected to the Commons in a byelection in May 2002 in the Montreal riding of Saint-Leonard-Saint-Michel. He was re-elected in 2004, 2006, 2008 and 2011.

He has served on a number of Commons committees in his career, including a stint as chairman of the finance committee. Within the caucus, he was critic for amateur sport and small business and Quebec caucus chairman.

"Parliament needs clear guidelines and procedures for dealing with allegations of serious personal conduct of this nature," Trudeau said.

"It would be to the benefit of all who earn the privilege of sitting in this House of Commons and all Canadians who look to us for leadership."

Foote said there is a process for handling allegations of workplace misconduct involving employees, but she knows of no precedent for dealing with complaints among MPs.

"I believe a process that continues to deal with these allegations in a serious manner will require the involvement of a neutral third party trusted by all concerned," Foote wrote in her letter.

She asked Scheer to establish a process for dealing with such cases in the future.

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Revellers are seen celebrating the end of the 2014 Capital Pride Week. The fun of the day is in stark contrast to the financial troubles the festival has found itself mired in. TREVOR GREENWAY/METRO

Capital Pride members vote to delay bankruptcy

Beleaguered festival.

Group running an \$89K deficit, including \$45,000 in alcohol unaccounted for

Capital Pride members voted to postpone declaring bankruptcy and appointed a new interim board on Wednesday night.

Following a tearful apology from the chair of the organization, a heated back-and-forth

and many questions left unanswered, the members voted to save the beleaguered organization — at least for now.

The 100-plus people who showed up for the meeting at City Hall fired questions at the board about the bankruptcy only to hear that papers had not been filed that afternoon, as planned.

The organization is running an \$89,000 deficit, which includes \$23,000 in unauthorized contracts and \$45,000 in alcohol that was unaccounted for.

It's a relatively small deficit

for a festival, but Capital Pride Chair Jodie McNamara said the board has felt isolated, alone and without anyone to step up. Individual members have heard legal threats following this year's financial issues.

"It's felt like being on a ship that's sinking and there's nothing that you can do to stop it."

The \$89,000 deficit is nothing to declare bankruptcy over, said former Capital Pride member Marion Steele.

"I was part of the interim board in 2004. We were facing a \$200,000 debt. This is nothing.

Festivals go through this," she said. "I was personally affronted a little bit and upset. I wanted to do anything that I could do to give them an option."

Francois Zarraga arrived with a proposal to take over Capital Pride. He said the organization should have been dissolved and the bankruptcy should have gone through.


"They could have gotten new members in to take over Pride and rectify the situation, but they didn't," he said, adding that his biggest problem is the lack of the French com-

And then there were three

While this was initially planned to be the final annual general meeting for this board, the membership decided to delay that meeting until next month. All but three members resigned. McNamara is one of the three staying on in the month-long interim.

munity's involvement in the organization. LUCY SCHOLEY/METRO

1 NEWS



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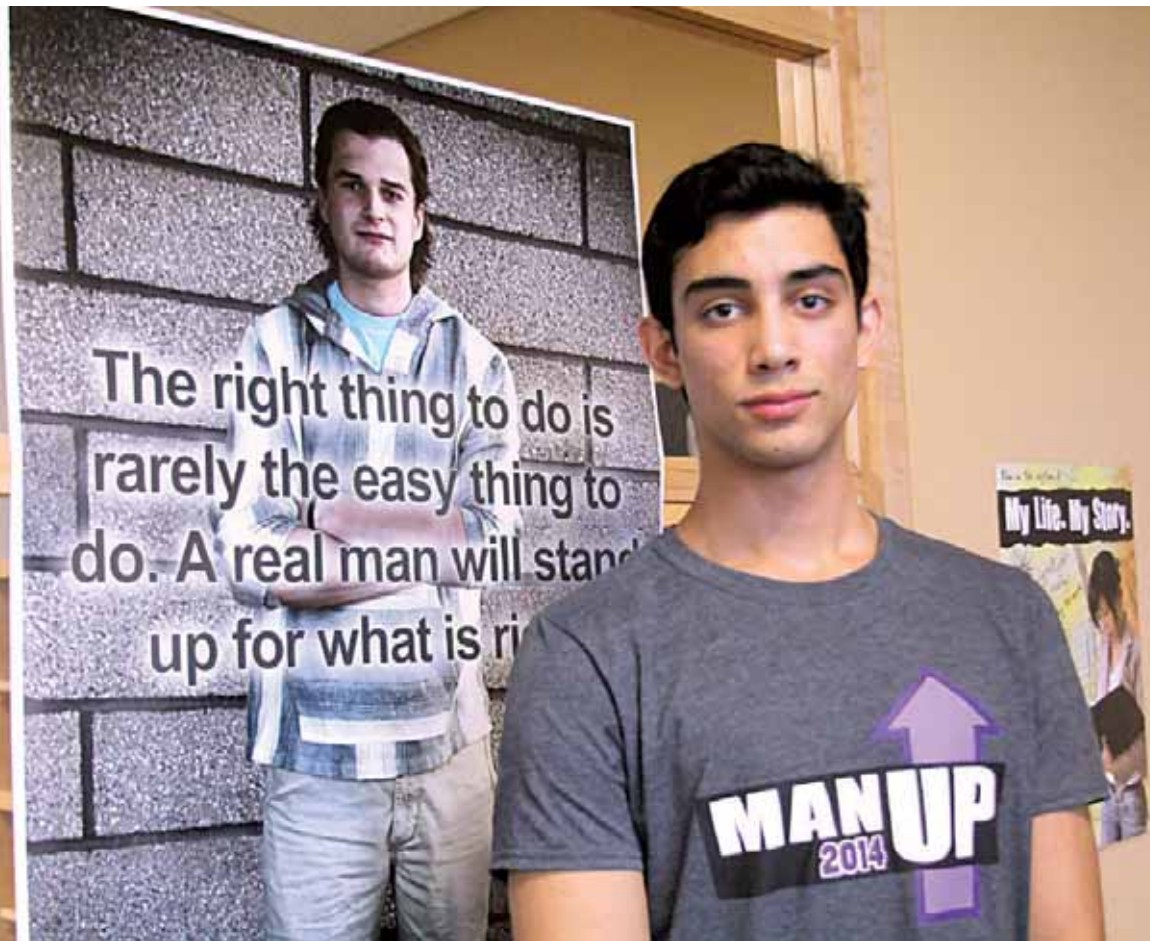
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Men urged to 'break the silence' on violence against women



Grade 12 student Ben Noor says he thinks taking a public stance on ending violence against women will influence his peers at his high school. JOE LOFARO/METRO

Speak up. City-based campaign targets young men to 'manifest change'



JOE LOFARO
joe.lofaro@metronews.ca

Violence against women is often thought of as a women's issue, but a new campaign launched at an Ottawa high school Wednesday is trying to change that by challenging young men to take a pledge to help bring an end to the problem.

The "I Can Manifest Change" campaign is a collaboration among the Ottawa Coalition To End Violence Against Women (OCTEVAW), the Ottawa Police Service and Crime Prevention Ottawa.

Using a new website (manifestchange.ca), the #MANifestCHANGE hashtag and YouTube videos, campaign co-ordinators are hoping to start a conversation to get men thinking about how to recognize and respond to violence or harassment targeted at women.

"The manifest change hashtag is a place where guys can trade ideas about what to do when someone makes a sexist joke or what are my options when I see

a woman being harassed at the bus stop at night," said campaign co-ordinator and OCTEVAW member Matt Schaaf.

Sometimes the "macho" behaviours some men adopt in their formative years can become violent as they get older, according to Schaaf. That is why reaching out to young men with the campaign is key.

"Most men don't commit violence. We're silent bystanders, if you will. So, in order to break the silence, we want to see how many guys there are out there in Ottawa that are willing to speak up, to do something about this."

OCTEVAW launched the campaign at Longfields-Davidson Heights Secondary School in Barrhaven, where senior students launched their own campaign called ManUp!2014.

Ben Noor, 17, said the student-led initiative is aimed at encouraging young men to change the idea of what it is to be a "real man" and sending a message that discriminating against women is unacceptable.

"I think that as Grade 12 students, we have a big influence on the younger grades and they look up to us," said Noor. "I think they're gonna want to be like us and do what we're doing."



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Ex-priest accused of sexual offences

Police in Kingston say a retired priest is facing fresh charges related to alleged sexual assaults stretching back to the 1980s.

They say Robin Gwyn, 66, was arrested in his home province of Nova Scotia on Sept. 18 and transported to Kingston four days later.

He was originally charged with sexual assault, sexual interference and invitation to sexual touching in relation to a case involving one victim.

But police say after Gwyn was granted bail, detectives had a second alleged victim come forward providing police with reasonable grounds

Alleged offences

9

Nine additional counts of sexual assault were laid on Wednesday for alleged offences committed from the 1980s until the early 2000s.

to believe further historic offences had occurred.

On Wednesday, nine additional counts of sexual assault were laid, but Gwyn's bail was extended by the court on strict conditions.

Police say they are not releasing the names of the

alleged victims because of a publication ban.

Police believe Gwyn was ordained as a priest in 1988 and began serving in the Kingston community at that time.

He left the city in 2002 and attended Carleton Place before taking a leave of absence from that position in 2004.

Police say he is no longer working as a priest.

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Tank replicas on sale nationwide as commemorations to modern war

Canada Company.

Charitable organization selling \$10k full-size models to communities wishing to honour our soldiers in Afghanistan



JOE LOFARO
joe.lofaro@metronews.ca

Canada Company, a non-partisan, charitable organization, is giving 250 communities across the country a chance to buy a replica Light Armoured Vehicle (LAV III) monument containing remnants of the military vehicles used by Canadian troops in Afghanistan.

The replicas look like the real thing, except they're obviously much lighter and are not functional. Another big difference is the cost. While the total cost will vary depending

Good deeds

"We built schools, we built roads and this vehicle is just symbolic of what Canada's commitment is and it always has been."

Ret. Maj. Gen. David Fraser

on location, the average price tag a community would have to fork out is approximately \$10,000, said Canada Company, but it depends on location, the organization says.

The idea behind the commemorative program is to give interested communities a way to honour troops who served in the war in Afghanistan.

One of those troops is Ret. Maj. Gen. David Fraser, who served as regional commander in southern Afghanistan for the Canadian military in 2006. He was in charge of nation



From left: Hon. Col. Blake C. Goldring, Justice Minister Peter MacKay, and Ret. Maj. Gen. David Fraser stand next to a replica LAV III vehicle at the Canada War Museum. JOE LOFARO/METRO

building among six provinces in the war-torn country.

Fraser drove the LAV III for nearly a year and he said once

he sat inside one, he always felt safe. When the public sees the vehicles on display in their communities, he said he wants

them to feel a sense of pride both for the mission and for being Canadian.

"This is a Canadian project

that was built by Canadians, used by Canadians, and delivered great effects," he said.

"We built schools, we built roads and this vehicle is just symbolic of what Canada's commitment is and it always has been."

Many monuments or cenotaphs scattered throughout Canada pay tribute to fallen soldiers who fought in the First or Second World Wars, so these vehicles will usher in a new generation of monuments commemorating a modern war, proponents say.

Canada Company said there hasn't been a new war-related monument in more than 50 years.

"There were 40,000 Canadians who served in Afghanistan," said Col. Blake C. Goldring, founder of Canada Company. "To have a current monument, something that really can invoke the sentiment of the current generation, is really critical."

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The LAVIII: What can the real thing can do

The Light Armoured Vehicle III (LAV III) was a key piece of equipment for Canadian troops fighting in Afghanistan.

According to the Department of National Defence's website the LAV III "is a relatively-well protected, all-weather vehicle that can be used on most types of terrain."

The vehicle can ford hard-bottomed bodies of water to a depth of 1.5

metres. Capable of speeds of up to 100 kilometres per hour on roads, the LAV III gives the commander more options in both combat and non-combat situations."

It's powered by a water-cooled, six-cylinder, 350 horsepower, turbo-charged diesel engine with an automatic transmission. Four wheel drive? Forget about it — the operator can select four- or eight-wheel drive.

METRO



A LAV III APC in action during training in Ontario. TORONTO NEWS SERVICE

Specifications

• Weight

Basic weight: 13,702 kg
Combat load: 16,958 kg

• Dimensions

Length: 6.98 m, width: 2.71 m, height: 2.81 m

• Mobility

On-road speed: 100 km/h
Off-road speed: 70 km/h
On-road range: 450 km
Off road range: 350 km

• Fuel

Type: F-54 Diesel DF-2
Capacity: 200 L
Consumption: 0.40 L/km

• Crew

Personnel: 3, Passengers: 7

• Weapons

M242 25-mm Bushmaster cannon
C9A2 5.56-mm machine gun
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Natural resources

Ontario introduces bill to stop spread of invasive species

The Ontario government is looking to prevent the introduction and stop the spread of invasive species such as Asian carp and the emerald ash borer through legislation introduced Wednesday.

The bill would allow the province to ban the posses-

sion and transportation of certain invasive species and prevent the movement of contaminated firewood.

Natural Resources Minister Bill Mauro says invasive species pose a significant risk to both the natural environment and the economy.

Government officials say the total cost of managing the impacts of zebra mussels in Ontario is estimated to be about \$75 to \$91 million per year. **THE CANADIAN PRESS**

Safety

OPP urges drivers to be careful on the roads this winter

Provincial police are appealing to motorists to help keep Ontario's roads safe this winter after recording a surge in crashes last year.

The OPP says there were 33,334 collisions between Dec. 1, 2013, and March

31, 2014, compared to 25,953 collisions over the same four-month period in 2012-2013.

They say bad driving, and not poor weather or road conditions, was a primary contributing factor in many of the crashes.

The provincial force says it is working closely with the Ministry of Transportation to ensure that roads are kept as safe as possible over the winter months. **THE CANADIAN PRESS**

Police rescue man from being tossed off bridge

Random attack. Ottawa detectives lauded for making 'our city a little safer' after intervening on Cummings Bridge

face and shoulder injuries. Police are working to identify a fourth suspect.

Three days later, police say they were out looking for the suspects when they saw an assault in progress on the Cummings Bridge. As police intervened, the victim broke free from his attackers and fled. Police arrested the teenager and Smith and identified them as the Saturday attackers.

The victim, a 32-year-old international student, returned after seeing that cops had arrested his attackers. He said the attack was random, as the men approached him on his way home, grabbed him and tried to throw him off the bridge.

"These arrests have made our city a little safer," said Sgt. Steve Desjourdy. "I have no doubt that the intervention of Detectives Hussein Assaad and Evan Hung on Cummings Bridge have prevented a member of the student community from sustaining serious injuries, maybe even death."

The teenager has been charged with a slew of weapons charges, while 31-year-old Smith has been charged with aggravated assault and mischief.

Police are still searching for Picody, who faces assault charges and uttering threats. Anyone with information is urged to contact police.



TREVOR GREENWAY
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A pair of assailants tried to throw a student off the Cummings Bridge Wednesday night, but were stopped when cops happened by.

Ottawa Police have charged a teenager and a man with several offences and are looking for a third man believed to have been involved in a separate assault.

Detectives Hussein Assaad and Evan Hung were canvassing the neighbourhood looking for assailants related to a weekend assault near Rideau Street when they caught 31-year-old Timothy Ryan Smith and an unnamed 16-year-old teen in the act. Police are still seeking a third man, 31-year-old James Picody, for Saturday's assault.

It all began around 7 p.m. Saturday, as police responded to an aggravated assault near the intersection of Rideau Street and William Street where the three men assaulted a 31-year-old, leaving him with

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City honours lady veteran by naming street after her

The late Helen Rapp is seen in a picture at left in 1944, when she was participating in the Second World War, and at right when she spoke to Metro in 2012 for an interview about her experiences as a "bomb girl" during the war. Rapp, who died in 2013, was honoured this week by the city of Ottawa as part of the city's Veterans' Commemorative Street Naming program, the first female veteran to be so honoured. Helen Rapp Way is located in the community of Findlay Creek. LEFT: CONTRIBUTED; RIGHT: SEAN MCKIBBON/METRO



Katherine Dines and daughters Sydney, left, and Grace have an inherited heart-rhythm disorder called Long QT syndrome.

STACEY PHOTOGRAPHY, OTTAWA/HANDOUT/THE CANADIAN PRESS

Like mother, like daughters: Genetic tests give answers

Children's Hospital of Eastern Ontario. CHEO cardiologist diagnosed mom with rare condition after reading the ECG

When Katherine Dines was ready to start a family, she wanted to make sure there wasn't something lurking in her genetic makeup that could threaten the health of her children. She had good reason: Her mother and maternal grandmother had both died suddenly in their early 20s. And no one knew why.

Her mother had experienced numerous fainting spells, and doctors had diagnosed her with epilepsy. She died when Dines was just four months old.

"I always had a feeling there was something, but every doctor I talked to always said the same thing: 'Oh, no, it's just a fluke. There's nothing to be worried about,'" said Dines, a radio station host in Ottawa.

"I decided, 'OK, I guess that's the way it is. I'll just start my family.'"

But when her first daughter, Sydney, was about three and she was expecting her second child, a cousin who worked at the Children's Hospital of Eastern Ontario (CHEO) showed a cardiologist the autopsy report on Dines's mother. He suggested Sydney be brought in for an electrocardiogram, or ECG.

"He diagnosed her on the spot after reading the ECG, which floored me," recalled Dines.

Sydney had Long QT syndrome, a genetic heart rhythm disorder that can cause fainting spells, seizures and, in some people, fatal cardiac arrest.

Genetic testing showed Dines also had the condition and, after her birth, daughter Grace also was diagnosed with long QT. If one parent carries a mutation that causes the disorder, each child has a 50-50 chance of inheriting the flawed gene.

THE CANADIAN PRESS

Ottawa River

Good Samaritan saves woman from drowning inside car

Ottawa Fire Services say a Good Samaritan rescued a woman from drowning inside a car after seeing the vehicle drive into the Ottawa River Tuesday. The incident happened around 5:17 p.m. near 2806 Barlow Cr. — the residence of a

Good Samaritan who saw the vehicle go into the river and immediately went to the female driver's aid and pulled her out of the river and took her to shelter. A volunteer firefighter who responded to the scene confirmed the vehicle was in the water and helped the victim and Good Samaritan. The fire service said Tuesday night the victim was being assessed by paramedics and police are investigating.

METRO

Quinte West

Two thieves made off with poppy donation box: Cops

Just days before Remembrance Day, police said Wednesday they were looking for two thieves who made off with a poppy donation box from a southern Ontario business.

Provincial police said they were looking for a

man and a woman after the box was reported stolen from a business in Quinte West.

The same two suspects are also believed to be involved in the theft of a second poppy donation box at another business in the city west of Belleville.

It's not known exactly how much cash was in the boxes, which are the property of the Royal Canadian Legion.

THE CANADIAN PRESS



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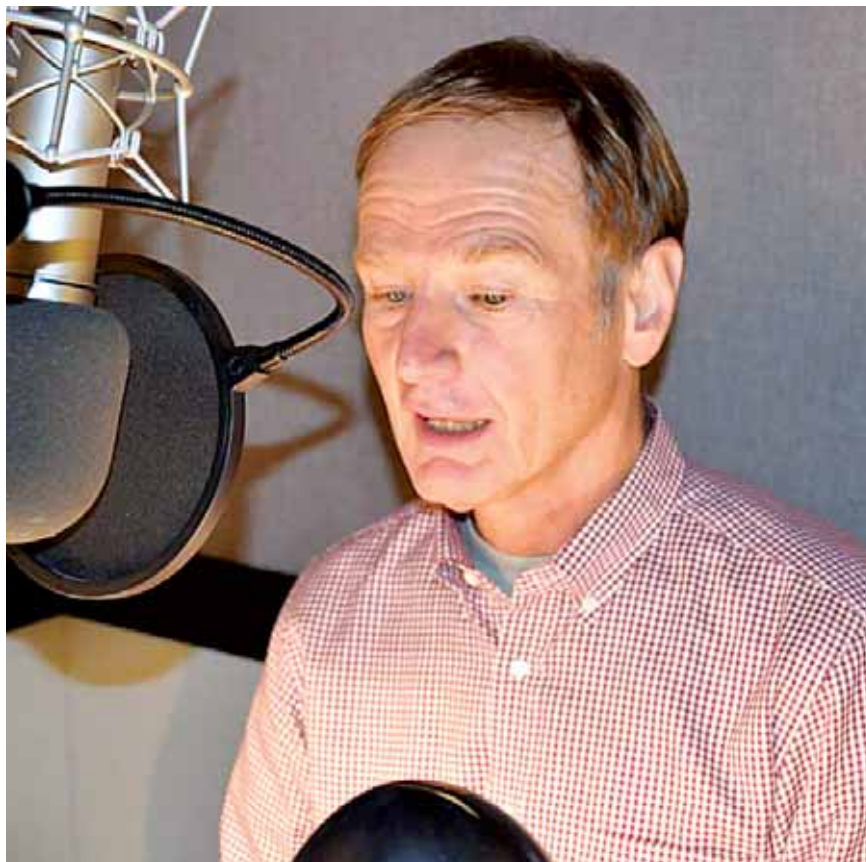
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University of Calgary professor Tom Keenan reads from his latest book, *Technocreep*, for Audible. The book explores the creepy ways technology infiltrates our lives. CONTRIBUTED

Technocreep: Tracking shopping, sex, with your DNA

Tom Keenan. New book explores the pervasive evolution of technology



LUCY SCHOLEY
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Imagine a shopping trip in the future: You swipe your credit card into a machine, type your PIN and the pad processes the DNA leftover from your fingertips. The next time you go into the store, it asks: "Did you know you are pre-diabetic? We have a special discount, just for you."

Sound creepy?

That's a hypothetical scenario Tom Keenan explores in his new book, *Technocreep: The Surrender of Privacy and*

the Capitalization of Intimacy, which he was promoting in Ottawa on Wednesday.

Like the title suggests, the book outlines the ways technology creeps into our lives — but also the ways in which "creepy people" are checking out our shopping habits or dating lives. He uses the Nike Fuelband, a bracelet that tracks exercise, as an example. It might even be able to detect when you're having sex.

"If you burn 150 calories at 2:30 a.m. and you took no steps and you're probably in bed, then it could put that up on your Facebook page or Tweet it to people," said the University of Calgary professor. "You'd better be in bed with the right person."

The sci-fi shopping scenario above does not seem far-fetched. According to media reports, a Minnesota

father discovered his teen-aged daughter was pregnant through flyers Target sent her for baby supplies. The company used her purchasing data to figure it out before her poor dad.

It's a "semi-secret" exchange formula, explained Keenan. Companies and social networks such as Facebook, use and trade your information for advertising.

But there are ways to "anti-creep" the technocreeps, he said, which he said involves lying to stores.

"The store really has no business asking for your postal code," he said. "They do it for marketing and stuff like that. If you have no desire to give them your postal code, give them Santa's (HOH OH0) ... A little bit of creativity will allow you to kind of lower your digital profile."

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Not just the gambler who faces risks

Information campaign.

Responsible Gambling Council reaching out to problem gamblers — and their loved ones



TREVOR GREENWAY
trevor.greenway@metronews.ca

Twenty-eight thousand people in the Ottawa area have some form of a gambling problem.

Heather Ly wants to change that.

The project co-ordinator with the Responsible Gambling Council of Ontario is sweeping through the province, armed with brochures and information for problem gamblers. She'll be at the Rideau-Carleton Raceway this weekend.

"We just want to have everyone gamble safely," Ly said, adding that about 3.4 per cent of Ontarians have a "moderate to severe" gambling problem.

"We don't tell people

Tips for gamblers

- Have a money and time limit and stick to it.
- Leave bank and credit cards at home.
- Take frequent breaks.
- Never borrow money to gamble.

what to do, we just want them to have the information so that they can make an informed decision so if they do chose to gamble, they can do so safely."

This year's theme focuses not on the gambler, but those close to him or her who are also affected when someone gambles with the rent check.

"The gambler is not the only one who is affected. It's the friends and family of the gambler that could be negatively impacted as well. That could be financial or relationship-wise," added Ly.

"We just want everyone



A slot machine is seen in an amusement arcade in Glasgow, Scotland. GETTY IMAGES

to know that there is a support system available for them."

Ly offers up tips for families to spot a gambling problem and urges them to pay

attention to changing patterns in a loved one. If someone is spending more time gambling than with loved ones or misses work or other engagements, it could be a

sign of a gambling problem brewing.

According to Ly, there are 52 gambling treatment centres in Ontario, several of them in Ottawa.

Gambling treatment centres

- Southeast Ottawa Community Health Centre
— 600-1355 Bank St.
— 613-789-8941
- Amethyst Women's Addiction Centre
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Regulator, police urged to act on abusive doctors

The College of Physicians and Surgeons and police should take on a stronger role to launch criminal investigations into doctors found guilty of sexual abuse by their regulatory body, critics say.

"If it's made public and they know there is a crime being committed, what the hell are the police doing if they are not acting on crime?" asked Eli Brooks, a victim of Dr. George Doodnaught, the anesthesiologist convicted of sexually assaulting 21 women while they were unconscious.

Brooks called the disciplinary action brought against another doctor who was found guilty of sexual abuse by the college a "slap on the wrist." At a college disciplinary hearing, Mississauga family doctor Sastri Maharajh admitted to resting his cheek or placing his mouth on the breasts of as many as 13 patients. He was given an eight-month suspension and restricted to practising on male patients only.

The case has raised questions about the role of the regulatory college and the police when there is evidence of a suspected crime by a doc-



Health Minister Dr. Eric Hoskins
NATHAN DENETTE/THE CANADIAN PRESS

tor. The college has discretion to alert police, but does not have to do so by law.

Police can pursue an investigation without a victim, but the norm is no complaint, no investigation.

A recent Star investigation found two Mississauga health practitioners were not reported to police by their colleges after being disciplined for sexually abusing patients. Health Minister Dr. Eric Hoskins said he was "deeply concerned" about this and ordered a review of the legislation governing the province's medical regulatory

'Slap on the wrist' not enough

"If it's made public and they know there is a crime being committed, what the hell are the police doing if they are not acting on crime?"

Eli Brooks, a victim of Dr. George Doodnaught, the anesthesiologist convicted of sexually assaulting 21 women while they were unconscious.

colleges that provides discretionary power to report possible crime.

Peel police have said they will investigate Maharajh if the college lodges a complaint.

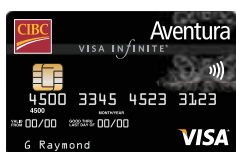
The college will not say if it has been in touch with Peel police about Maharajh. As of Tuesday, the force was still not investigating. In an email, college spokeswoman Kathryn Clarke noted that in cases where criminal conduct is suspected, "we routinely advise patients of the option of pursuing a complaint with police, if they have not already done so."

TORSTAR NEWS SERVICE



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Ottawa Senators set to honour soldiers at Saturday's game

Camo jerseys. Threads will be auctioned off to benefit military families



TREVOR GREENWAY
trevor.greenway@metronews.ca

There will be a sea of camouflage at Saturday's Ottawa Senators game.

For the 11th consecutive year, the team will honour Canadian soldiers and their families for the Canadian Armed Forces Appreciation Day as they take on the Winnipeg Jets.

The military appreciation day has been important for the Sens since Eugene Melnyk took over ownership of the team in 2003, but this year will be extra poignant



The Ottawa Senators and New Jersey Devils pause on Oct. 25 for centre-ice ceremonies at the Canadian Tire Centre during a co-ordinated tribute to honour Cpl. Nathan Cirillo and Warrant Officer Patrice Vincent. The Senators will host a Canadian Forces Appreciation game Saturday. GETTY IMAGES

in light of the recent attack on Parliament, which left Canadian soldier Nathan Cirillo dead.

"It's always a big event

here and an important thing for us, but I think especially so this year given the recent incidents and attacks we have had," said Senators

president Cyril Leeder.

"It's important because of the bravery and the commitment that our troops put on display every day for our

country and our freedom."

More than 3,500 troops and their families will be in attendance for Saturday's game, as will Canada's Chief

of Defence Staff General Tom Lawson, who will take part in a ceremonial puck drop.

Lawson said he is honoured that the team is taking extra time to say thanks to Canadian troops this Saturday.

"The support that Eugene Melnyk, the entire Ottawa Senators organization and your fans show for our members and their families is simply outstanding, and truly appreciated," he said in a release.

The team will don camouflage jerseys during warm-ups that will later be auctioned off.

Proceeds from the jerseys will go to the Military Families Fund Endowment, adding more to the \$730,000 already raised by the Ottawa Senators Foundation. Puck drop is at 7 p.m.

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Levels 2, 4 and 6: 9am to noon

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TD Place set to host Cracking-Up the Capital

A stellar lineup has been announced for the 2015 Cracking-Up the Capital (CUTC) mental health comedy benefit being staged this year at TD Place.

Among the performers announced Wednesday are the cast of This Hour Has 22 Minutes, Graham Kay, Mike Paterson, Derek Seguin and Jim McNally.

The festival, happening Feb 3 to 7, began 11 years ago at Centrepointhe Theatre. The benefit has raised more than \$150,000 for local mental health initiatives and supported endless awareness efforts with the ultimate goal of de-stigmatizing mental illness in Ottawa.

"We are pleased to be partnering with Cracking-Up the Capital as part of this winter's events," said Jeff Moat, president of Partners for Mental Health in a news release announcing the lineup. "By bringing attention to mental health issues and getting people involved, together we will change the way people talk about and support mental health and people living with mental illnesses."



Mary Walsh of This Hour Has 22 Minutes will be appearing with her comedy co-stars at this year's Cracking-Up the Capital comedy festival in Ottawa. TORSTAR NEWS SERVICE

"Cracking-Up the Capital is Ottawa's top comedy festival and we're delighted the organizers have chosen TD Place as its new home," said Mike Cerha, TD Place vice-president of venues and entertainment. "It's a privilege to be associated with an event that provides terrific

entertainment while, at the same time, helping those with mental health issues understand that it's OK to ask for help."

Ticket prices start at \$22. For a full list of comedians and events, or to buy tickets, check out www.crackup.ca.

METRO



University of Ottawa Gee-Gees' Johnny Berhanemeskel (8), Gabriel Gonthier-Dubue (4) and Terry Thomas (13) receive their silver medals at last year's CIS final. They are hoping to strike gold this year. THE CANADIAN PRESS

Gee-Gees fuelled by last year's heartbreak

Basketball. Team ready to take on rival Ravens this season



TREVOR GREENWAY
trevor.greenway@metronews.ca

Johnny Berhanemeskel doesn't forget.

The University of Ottawa Gee-Gees star guard doesn't forget watching his rivals — the Carleton Ravens — storming the court to celebrate their 10th CIS title last year.

He doesn't forget being oh-so-close to a national championship or the heartbreak that came with losing 79-67 to the Ravens.

But Berhanemeskel also doesn't forget stunning the Ravens in last year's Ontario University Athletics' Wilson Cup in a thrilling 78-77 win — a game that proved the Ravens are actually human. It was the Ravens' first loss to their city

rivals in seven years.

"They are not super-human," said Berhanemeskel, who is gearing up for Friday's home opener against McMaster University. "They have five guys and we have five guys and they are good and they are well coached and they deserve the praise that they have gotten. At the end of the day, we know we can do it and we will be ready once we play them."

The point guard said last year's loss in the CIS final stung and the Gee-Gees are out for revenge this year.

"The fact that we were so close is definitely a motivational factor," he said. "You definitely can't forget about what has happened in the past."

Gee-Gees head coach James Derouin knows how tough it will be to dethrone the Ravens this year, especially with the loss of last year's leading scorer Terry Thomas who is playing pro in Germany this year.

Derouin tried to fill the void with Laurentian transfer

The big test

The two city rivals won't play each other until January, but the Gee-Gees hope to remain perfect until their biggest test comes.

student Alex Ratte who was third in scoring last year, but he is also out indefinitely with a knee injury.

"We are missing a few pieces, but we have got some young guys coming up," said Derouin. "This is how university works; you have to be ready when your number is called. When guys graduate or move on, then it is the young guys that have to come up and we are confident that our young guys are ready to step into that role."

The Ravens also open their season at home this Friday when they play host to the Brock Badgers. Tip off for both games is at 8 p.m.

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Immigration rules. Feds cracking down on forced marriages, polygamy

The Harper government is bracing for international backlash to its proposed new law that would ban people in polygamous and forced marriages from immigrating to Canada, The Canadian Press has learned.

Citizenship and Immigration Minister Chris Alexander announced the legislation Wednesday, calling such practices "incompatible with Canadian values."

But the Zero Tolerance for Barbaric Cultural Practices Act might not go over so well in

some Arab and African countries, suggests an internal government briefing note, obtained by The Canadian Press. It notes that polygamy remains legal in dozens of countries.

The bill would also ban marriage for anyone under the age of 16 and impose a maximum five-year prison term on anyone who "celebrates, aids or participates" in a marriage rite or ceremony knowing that one of the persons is being married against their will, or is not of legal age. **THE CANADIAN PRESS**

Government ads

Public funds push unapproved plans

The Harper government is spending public funds advertising measures that have not yet been approved by Parliament.

Radio ads have already hit the airwaves promoting

the recently announced income splitting plan for families with children and changes to the child tax benefit.

Dennis Howlett of the advocacy group Canadians for Tax Fairness says public funds should not be used to push an agenda that's still a matter of partisan debate in Parliament. **THE CANADIAN PRESS**

'Never take it for granted,' says MP as he resigns seat



Dean Del Mastro delivers his resignation statement in the House of Commons on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Canada Elections Act violations. Dean Del Mastro maintains he is innocent — sentencing scheduled for Nov. 21

Peterborough MP Dean Del Mastro abruptly resigned his House of Commons seat Wednesday, less than a week after a judge found him guilty on three counts of violating the Canada Elections Act.

Del Mastro, a former parliamentary secretary to Prime Minister Stephen Harper, was convicted of exceeding spending limits during the 2008

Independent

Dean Del Mastro was expelled from the Conservative caucus on the day he was charged in September 2013, and had been sitting as an Independent.

election, as well as failing to report a personal contribution of \$21,000 to his own campaign and knowingly submitting a falsified document.

"I hope someday to be back in this place, but if I don't, always keep in mind it's a simple chair, but it represents the hopes and dreams and futures of thousands you represent and millions across the country," Del Mastro told the Commons, his voice quavering as he glanced back at his seat. "Never take it for granted."

Del Mastro had many friends within his former Conservative caucus, many of whom were among the colleagues who applauded his speech, along with several opposition members.

He made it clear he was stepping down to prevent embarrassment and division within the Conservative ranks. On Tuesday, MPs debated for three hours whether to suspend him without pay. **THE CANADIAN PRESS**

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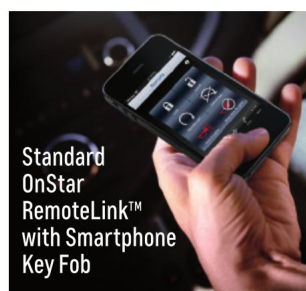
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Remembrance Day is not yet an official statutory holiday in five provinces. COLIN MCCONNELL/TORSTAR NEWS SERVICE FILE

Remembrance day almost a stat holiday

NDP MP bid.

Commons pass bill to make Nov. 11 national holiday, pending final vote and provinces' OK

A New Democrat MP's bid to make Remembrance Day a national statutory holiday is now one step closer to reality.

Bill C-597, which would amend the Holidays Act to make Remembrance Day a statutory day off like Christ-

Towards approval

"Given recent tragic events, I think there's some momentum in that direction."

NDP MP Dan Harris, author of the bill

mas or Canada Day, passed a second-reading vote in the House of Commons on Wednesday by a margin of 258 to 2.

The legislation, intro-

duced by New Democrat MP Dan Harris, now moves to the Commons heritage committee for further study before coming back to the Commons for a final vote.

Ultimately, however, it would be up to the individual provinces where Nov. 11 is currently not a holiday — Ontario, Quebec, Nova Scotia and Manitoba, representing slightly more than half the country's working population — to change their individual labour codes.

THE CANADIAN PRESS



Sandbox superpowers

Captain America (Dana Baker) and Spider-Man (Johnny Doull) play with Ethan Larkin, 3, in a sandbox during a visit to the IWK Children's Hospital in Halifax on Wednesday. Both superheroes are local body-builders. JEFF HARPER/METRO IN HALIFAX

Based on income

Quebec premier hints at daycare fees overhaul

Quebec Premier Philippe Couillard dropped broad hints Wednesday that his government will do away with the universal daycare fee and introduce payments based on family income.

When the Parti Québécois launched the widely acclaimed program in the '90s, parents paid \$5 (now \$7.30) a day to send their children to subsidized daycare centres.

Montreal's Le Devoir reported Wednesday that amount will climb to between \$8 and \$20, beginning next April 1. The newspaper said the new fees will be:

- \$8 to \$12 for families with a net income of between \$75,000 and \$100,000.

- \$12 to \$15 between \$100,000 and \$150,000.

- \$15 to \$20 from \$150,000 to \$200,000.

Couillard suggested the sliding scale fee is fair.

"We want to maintain the program and we want it to reflect the revenue structure in Quebec," he told the national assembly.

THE CANADIAN PRESS

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Family, MPs ask PM to push China for release of dissident

Foreign relations.

Plea comes hours before Harper heads to China to advance economic agenda

Conservative, New Democrat and Liberal MPs joined the family of an imprisoned Canadian-educated Chinese dissident in making a desperate and at times personal plea to Prime Minister Stephen Harper to win his freedom.

Their 11th hour show of solidarity — shot through with equal measures of moral indignation and desperation — came just hours before Harper was to depart for China, where he is to advance an economic agenda and meet China's top political leaders.

They were speaking Wednesday on Parliament Hill on behalf of Wang Bingzhang, founder of the overseas pro-democracy movement. Wang has been in a Beijing prison since 2002, serving a life sen-

tence in solitary confinement for trying to foster democracy in China from abroad.

Wang received a doctorate at Montreal's McGill University and many of his relatives are Canadian.

"I ask Prime Minister Harper to seize all diplomatic opportunities with China to seek the release of my father," said his daughter, Ti-Anna Wang, of Montreal, who's been barred from China for the past five years because of her activism.

"I believe high-level diplomacy is his best chance at freedom."

Wang Bingzhang was one of the first Chinese to study abroad a generation ago. His exposure to democracy inspired him to found China's overseas democracy movement. Chinese agents abducted him in Vietnam in 2002 and took him to China, where he was sentenced to life after what his daughter called "a sham trial."

Ti-Anna Wang said she wished Harper would meet her family personally so he'd

Quoted

"It was the very values espoused by Canada and other democracies that inspired my father. If we cannot turn to this government and its leaders to advocate for his release, to whom else can we turn?"

Ti-Anna Wang, daughter of imprisoned dissident Wang Bingzhang

have a better appreciation of China's human rights abuses.

"I want our stories and efforts to be heard, acknowledged and taken into serious consideration when Canada devises its foreign policy with China," said the 24-year-old.

The prisoner's brother, Wang Binjgwu of Toronto, who has maintained a seven-day vigil on and around Parliament Hill, said his brother's mental and physical health is declining. **THE CANADIAN PRESS**



Canadian Prime Minister Stephen Harper and his wife Laureen board a government plane as they depart for China on Wednesday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Canada to ease restrictions on flying drones



Mark Langille stands above one of his UAVs. His company Flitelab is one of the largest drone providers in Nova Scotia. HELEN PIKE/METRO

Canada is flying high above other countries with its newest commercial drone-use policies.

Transport Canada announced Wednesday that unmanned aerial vehicles (UAVs) under two kilograms for commercial or hobby will soon no longer require a Special Flight Operations Certificate (SFOC).

Though old regulations are still in place requiring all commercial operators, no matter the weight of the craft, to get clearance from Transport Canada, a spokesperson told Metro the new regulation would

mean lighter aircraft could take off without the paperwork.

"I think it's really encouraging from research and industry's perspectives," said Chris Hugenoltz of the University of Calgary, who uses drones in his research.

Previously, commercial operators were required to send Transport Canada detailed paperwork, including specific flight plans. The paperwork took 21 days to process, sometimes longer if the region they applied to was not equipped for the volume of documents.

Quoted

"I think Canada has just become an experiment in the world by doing this. A lot of people are going to be watching what Canada does. ... This could launch Canada into being a leader in the world in integrating these devices into commerce."

Matt Waite, founder of the Drone Journalism Lab

In the United States commercial drones are still under strict regulation. According to Matt Waite, professor at the University of Nebraska and founder of the Drone Journal-

ism Lab, no commercial flights are permitted, unless they fall under an exemption Hollywood arranged with the Federal Aviation Administration.

HELEN PIKE/METRO IN CALGARY

Court filings

Ghomeshi's lawsuit without merit: CBC

A \$55-million lawsuit filed by former CBC radio host Jian Ghomeshi should be thrown out because it is without merit and an abuse of process, the broadcaster argues in court filings Wednesday.

In a motion to Ontario

Superior Court, the CBC maintains Ghomeshi's allegation of defamation and breach of confidence is frivolous or vexatious.

The CBC argues two points: Ghomeshi has no right to sue and that, in any event, he has no grounds to sue. The broadcaster notes that Ghomeshi, 47, was a unionized employee and his only recourse is via the established grievance procedure. **THE CANADIAN PRESS**

Sex abuse scandal

Stuckless guilty of two counts of gross indecency

Months after pleading guilty to 100 charges related to the sexual abuse of 18 boys, the man at the centre of the Maple Leaf Gardens sex abuse scandal was convicted Wednesday in two more charges linked to two of those victims.

Gordon Stuckless was found guilty of two counts of gross indecency but acquitted on two counts of buggery, though the Toronto judge overseeing the case said she found his testimony unreliable.

Stuckless had contested all four charges even though he admitted as part of his April guilty plea to committing other types of abuse against the same victims decades ago.

THE CANADIAN PRESS

Spy watchdog

Harper made appointments over NDP objections

Two members of Canada's spy watchdog were appointed despite the objections of NDP Leader Tom Mulcair — even though nominations to the Security Intelligence Review Committee are supposed to involve input from major

opposition parties.

Correspondence with Prime Minister Stephen Harper shows Mulcair opposed appointing former MP Deborah Grey due to her lack of experience with intelligence issues. He also feared possible conflict of interest in the case of Gene McLean, a former security consultant.

The party has chastised the government for leaving two other chairs empty.

THE CANADIAN PRESS



Algerian passenger train derails

Rescue workers at the scene of a rail crash in Algiers, Algeria, on Wednesday. Officials say a passenger train has derailed near the downtown Algiers' train station, killing one person and wounding 65, including one in serious condition. The state news agency says the commuter train was moving to another track to make way for the express Algiers-Oran train when its first three cars jumped the rails early Wednesday morning.

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

No pee zone. Dutch government urges people not to urinate on palace

If you're caught short on Amsterdam's historic Dam Square, the Dutch government has a message for you: don't pee on the palace.

The Dutch royal family uses the stately Royal Palace in downtown Amsterdam as a working palace, not a residence. But the building's dark arches provide a favoured spot for urination, often at night, out of sight of police who regularly patrol the palace vicinity.

After a multimillion-euro renovation ended in late 2011, people began urinating against the palace's sandstone facade. That prompted authorities to put up a fence.

But the Interior Ministry

on Wednesday called the fence "unworthy" of the historic location. It is now installing lights and movement sensors to deter people from relieving themselves. The government also warned that peeing in public is punishable by a 140-euro (\$175 US) fine.

If those measures don't work, authorities are considering installing a urinal near the palace that rises from the ground at night and sinks below the sidewalk in the day.

Other possible moves include a raised set of steps featuring a pop-up fence or fine mesh screens to block off access to the arches after dark.

THE ASSOCIATED PRESS



Demonstrators wear Anonymous masks bearing the likeness of Guy Fawkes during a protest rally outside the Royal Palace in Amsterdam, Netherlands, on Wednesday. PETER DEJONG/THE ASSOCIATED PRESS

Utah

Gun-wielding teacher fined

A Utah schoolteacher whose gun accidentally went off in an elementary-school bathroom agreed Wednesday to pay a fine and take a firearm-safety class as part of a plea deal.

Michelle Montgomery has already paid \$200 to replace a toilet that exploded when her handgun discharged in the faculty bathroom on Sept. 11. She pleaded no contest Wednesday to a misdemeanor charge of illegal discharge of a gun. THE ASSOCIATED PRESS

Norway

State intel says terror attack likely

Norwegian intelligence authorities said Wednesday that the Nordic country will "likely" be threatened by or hit with an act of terror in the next 12 months.

The Joint Counter Terror Center says extremists from the Islamic State of Iraq and the Levant, among others, have called for terror acts against countries in the U.S.-led alliance against the group. THE ASSOCIATED PRESS

Hamas van attack kills 1, wounds 13

Jerusalem. Second violent incident in two weeks reawakens fears that simmering Israeli-Palestinian tensions will boil over



Israeli police stand guard as ultra-Orthodox Jews look at the scene of an attack in east Jerusalem Wednesday. A Palestinian man drove his car into a crowded train platform and then attacked people with an iron bar, killing one person and injuring 13 before he was shot dead. SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

A Hamas militant slammed a minivan into a crowd waiting for a train Wednesday in Jerusalem, killing one and wounding 13. Hours later, the Israeli military said a Palestinian motorist drove into a group of soldiers in the West Bank, injuring three.

Police identified the van's driver as Ibrahim al-Akari, a 38-year-old Palestinian. His wife said he was angered by a confrontation between police and Palestinians at the Al-Aqsa Mosque earlier in the day. Part of the shrine was damaged.

Hamas praised the attack as a defence of the mosque. It is considered the city's most sacred site — known to Mus-

lims as the Noble Sanctuary and as the Temple Mount to Jews.

The developments raised fears of worsening violence after months of simmering tensions in the holy city. In Wednesday's attack in Jerusalem, police said the motorist drove the minivan into pedestrians waiting for the train at a stop. The driver backed out and drove away. He then exited the van and attacked civilians and police officers on the side of the

road with a metal bar before he was shot and killed.

Israeli Prime Minister Benjamin Netanyahu blamed the attack on Palestinian President Mahmoud Abbas and "his Hamas partners," a reference to a unity government led by Abbas and backed by Hamas.

In a statement, Nabil Abu Rdeneh, a spokesman for Abbas, condemned the police actions at the Al-Aqsa Mosque but made no mention of the car attack. THE ASSOCIATED PRESS

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A new chapter as Indigo moves beyond books

Turning the page. CEO Heather Reisman is looking to turn things around by opening new stores and branching out into toys to boost sales

Despite closing three of its largest Toronto stores this year, the CEO of Indigo Books and Music Inc. says the company is scouting new locations.

"We are actively looking in a couple of markets," chief executive Heather Reisman told analysts during a conference call Wednesday.

The company now has four fewer superstores and two fewer smaller-format stores in its latest quarter, compared to a year ago.

It once operated 95 superstores under the banner Chapters and Indigo, and 131 smaller-format stores under Coles, Indigospirit, SmithBooks and The Book Company.

Reisman didn't divulge where it may be looking to expand, saying only that the country's largest book, gift and specialty toy retailer is encouraged by results from the second quarter, which recorded double-digit growth across its lifestyle, paper, toys and electronics divisions, as well as its core trade book business.

Indigo reported after markets closed Tuesday that it has narrowed its second-quarter loss to \$8.5 million, boosted by higher revenues and improved margins.

The loss amounted to 33

Toy story

The Toronto-based company isn't forecasting any bestselling book titles that will boost sales dramatically during the Christmas holiday period but said its lineup of toys, like those from the popular Disney movie Frozen, have helped increase revenues.

- Sales at its two American Girl doll specialty boutiques that opened in the second quarter also boosted revenue, while sales at a third store location launched recently in Ottawa have exceeded targets, said Reisman.

cents per diluted share, compared with a loss of \$10.1 million, or 39 cents, in the same period a year earlier.

Strong sales helped push revenues to \$189 million for the 13-week period ending Sept. 27. That's up about five per cent from \$179.4 million year over year.

Sales at Indigo and Chapters rose 9.6 per cent in the period, while sales at Coles and Indigospirit climbed by 2.4 per cent. Online sales grew by 13.4 per cent.

"I think this is clear indication that the investments we've been making in the stores and online are starting to pay off," said Reisman.

"(But) as I've said in every one of my meetings, we still have a long way to go to fully achieve what we think the potential is of the business."

THE CANADIAN PRESS

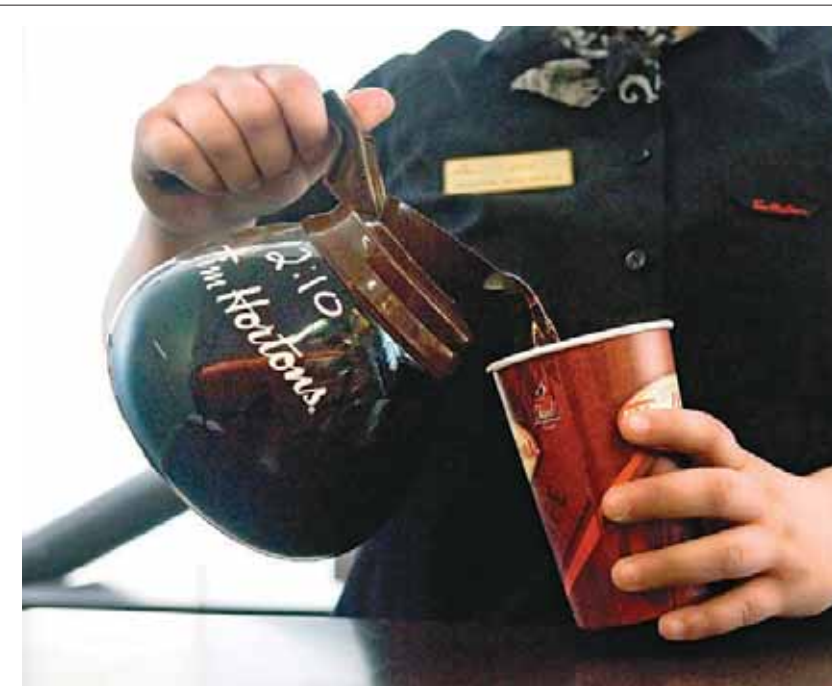
Changes. Torstar to end paywall, start a tablet app

Torstar Corp. says it plans to tear down the digital paywall at the country's largest newspaper, the Toronto Star, as it focuses on developing a new tablet app to be launched next year.

The owner of the Toronto Star and other publications is switching gears in its digital strategy of delivering content across multiple platforms — a move it's betting will attract more readers and bring national advertisers back into the fold.

Along with the Toronto Star, Torstar publishes the Hamilton Spectator, Waterloo Region Record, the Guelph Mercury and more than 100 community newspapers in Ontario. In addition, Torstar owns Free Daily News Group Inc., which publishes the English-language Metro newspapers in several Canadian cities and several digital businesses including toronto.com and workopolis.com.

THE CANADIAN PRESS



Higher prices at Tim's?! That'll jolt you awake

Are you ready to pay more for your morning cup of coffee? Executives at Tim Hortons Inc. are hinting that a price hike could be on the way in 2015 as they respond to the soaring value of next year's crop of beans. Chief financial officer Cynthia Devine told analysts that bean prices are a factor that Tim Hortons will "need to look at" with its franchisees. While she stopped short of saying higher coffee prices at the restaurant chain are a certainty, she said Tim Hortons would need to determine "what actions may be necessary" at its stores.

CHIRS YOUNG/THE CANADIAN PRESS

Pop goes flat?

Berkeley votes to tax soda to curb consumption

Berkeley, Calif., voters became the first in the U.S. to approve taxing sodas to curb consumption, after costly campaigns by the soda industry helped defeat similar taxes in more than 30 other cities and states in recent years.

But, in San Francisco, voters became the latest around America to reject a soda tax. **THE ASSOCIATED PRESS**

Pot soars high?

Washington, Oregon vote to legalize marijuana

Marijuana activists who have longed for decades to end America's drug war celebrated more major victories Tuesday, with Oregon and the U.S. capital approving recreational pot use.

The advocates believed they also have another win, too, in Alaska, as a legal pot measure held a steady lead. **THE ASSOCIATED PRESS**

Are you ruffing joking?

YouTube show teaches you how to cook ... for a dog

The couple who conceived of YouMustLoveDogsDating.com, where pooch-loving singles connect with potential mates have founded the Doggy Cooking Network.

The Doggy Cooking Network on YouTube will show pet owners how to dish up fresh, homemade alternatives to commercial kibble. **THE ASSOCIATED PRESS**

Market Minute

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CANADIAN WINTER: SCARIER THAN ANY HBO SHOW

I'm suffering from Post-Traumatic Snow Disorder.

In the past I embraced the Canadian winter as fervently as I embraced my own torso while waiting for the bus in January. I've been quick to argue that cold winds in the streets and cold toes under the sheets are just part of living here in the Land of Always Winter.

But not anymore. Not after last year. Not after The Four Snowmen of the Icepocalypse descended upon the country and took our joy. (The four Snowmen are Blizzard, Hailstone, Frigidity and Dry Skin.)

As you'll recall, last year's winter lasted for 14 months in what we all hoped and prayed was a one-time, tie-in promotion for the movie Frozen.

But early signs for 2014-15 aren't good. The Maritimes already had its first taste of both school cancellations and



HE SAYS
John Mazerolle
metronews.ca

power outages, forcing parents and their children to talk with each other in person (shudder).

And in Ontario, I drove through a squall on Oct. 31 that left me with the same visibility I had when I wore my K-Mart Optimus Prime mask on Halloween 30 years ago.

I've already broken out the winter jacket, which generates so much static electricity that I look like the people palming the orb in science-museum ads, until I touch something metal and my finger makes a 'snap!' so powerful that the lights dim for a second.

On top of it all, now that the clocks have changed I go to work in darkness and leave with just enough time for Mr. Sun to mock me before he disappears over the horizon, chuckling.

This winter can't possibly be as bad as last year's, can it?

The Farmer's Almanac, which has been making scientifically unsound predictions for so long it's OK for some reason,

says it will be another terrible winter.

But Environment Canada's Best Guess™ is that it will seem "tropical" compared to last year. (Ever notice how Canadians only use the words "tropical" and "balmy" when they're being sarcastic?)

The tying vote goes to my girlfriend, who has the same season-guessing credentials as either organization. Her verdict? It's going to be the Worst Winter Ever because she hails from Vancouver, which has never seen hail, let alone snow, and where "roughing it" involves going eight hours without steamed milk.

Her winter advice to everyone is, and I quote, "Never go outside." She likes to knit and has begun to build a yarn cocoon around herself, pledging not to leave the couch until it's butterfly weather.

With my Post-Traumatic Snow Disorder, I'll be taking a different tack. I hope to face it head-on, keeping just as active in the winter as I do in the summer. So, a lot of Netflix. Maybe Game of Thrones. You know why.

Now they just need names ...



Visitors take photos of the panda triplet cubs in the Chimelong Safari Park in Guangzhou in south China's Guangdong province Wednesday. Keepers responsible for looking after the world's only surviving set of giant panda triplets said the cubs were doing well, as they celebrated turning 100 days old on Wednesday. The triplets born at Chimelong are the fourth case of panda triplets ever recorded. THE ASSOCIATED PRESS

Against all odds, panda triplets make it to a hundred days

When this trio of giant pandas were born, vets said the chances of them all surviving were next to nothing — but the baby girl and her two brothers have defied predictions to reach 100 days old in perfect health.

Each one now weighs more than five kilograms (11 pounds),

up from just 0.1 kg (3-1/2 oz.) at birth, and have two small teeth after beginning teething at around 80 days old.

The cubs were born on July 29 within four hours of each other: the female cub first and then her brothers.

Physical exams show the cubs' health to be ideal, said Dong Guixin, general manager of Chimelong Safari Park in Guangzhou, capital of

south China's Guangdong province.

Starting Wednesday, the cubs will be displayed to visitors for limited times and are taking turns living with their mother for five-day cycles. All may live with her permanently if they continue to grow up healthy.

There have been four recorded instances of giant pandas giving birth to triplets in history, but in all of those other

You can help!

The park is seeking suggestions from the public on names for the pandas.

cases at least one in the litter has died due to physical defects or being too small.

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MetroTube



EDM videos, meet skiing



ANDREW FIFIELD
andrew.fifield@metronews.ca

As viewed from afar, backcountry skiing looks like a passport to pristine environments and untouched powder. But if only it were just a little more, you know, dangerous. Thankfully, nature turns the lights off every night, and that means it's time to strap on some brightly coloured LED suits and a few GoPro cameras and hit the darkened slopes. (GoPro/YouTube)



SCREENGRAB

Comments

RE: Bank of Canada Governor Urges Jobless Young Canadians to Work for Free, published online Nov. 4, 2014

A capitalist telling us to do the most un-capitalist thing ever. You do not get something for nothing, labour is a commodity with a value. I say, you want us to work... PAY UP. Beef up our resumes? Are you kidding me? How about you, the employer in your fifties with a high school diploma, start putting some value on a Masters Degree and not just "experience." Oh by the way, getting an MA is experience.

Yodaweed, posted to metronews.ca



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 30 in Sports.

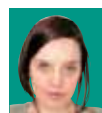
To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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Chef delivers fine dining flair without the pretensions

SOCIAL. Kyrn Stein brings his love of design to plating his dishes at Ottawa restaurant



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

After working for some of the top restaurants in Toronto, Ottawa native Kyrn Stein has returned to the capital as the executive chef at Social.

Since taking over the position a year ago, Chef Kyrn has completely revamped the menu, putting a special emphasis on plating his dishes, hoping to make the fine dining experience a bit less intimidating.

"It can be a little nerve-racking because you're thinking, 'It must be super expensive; I'm out of my element.' What we try to do here is to deliver a more casual environment," he says.

Stein's approach at Social is to present the food in a unique way in an environment that is warm and inviting.

Growing up in a design-savvy family — his father used to run Folio, a modern design store on Sussex Drive — Stein was heavily influenced by his surroundings, referring to his childhood home as a pseudo-modern design museum.

Now, he applies his love of design to his food creations, carefully mapping out unique ways to present each plate.



Chef Kyrn Stein physically sketches out designs of how he's going to plate his food. CONTRIBUTED

First, he comes up with a general plan. Then he physically sketches out a design.

"That's an important thing because a lot of dishes just come to you, you envision it, you have a specific way you want to do it, and if you don't draw it or do something, when it comes time to actually put

it on the plate, you forget," he says, adding you want the dish to look as good as it tastes.

"The colours that are on the plate and the colour of the plate itself, your visual presentation, the way it looks, how it's put on the plate, is important."

After spending years away

from his hometown, Stein is eager to make his mark on the local culinary landscape.

"I wanted to come back and be part of the culinary scene that's going on here, even just the scene of us growing into a bigger city," he says.

"There's clearly a demand for better restaurants, espe-

cially chef-owned and operated restaurants that aren't Milestones or things like that. There's a huge influx of younger professionals and artists who are staying in Ottawa. There's good hype and it just feels good to be back."

For reservations and more info, go to social.ca.

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Comic's happier doing standup than moonlighting on film sets

Comedy. Gabriel “Fluffy” Iglesias sees his Magic Mike movie role as fodder for his live schtick



IAN GORMLEY
scene@metronews.ca

For some, film is the pinnacle of an actor's career. For others, it's a necessary evil.

"It's not my favourite," admits Gabriel "Fluffy" Iglesias. "It's a lot of hurry up and wait."

A standup comic by day, Iglesias is currently moonlighting on the set of *Magic Mike XXL*, reprising his role as Tobias, DJ to Channing Tatum's titular male stripper, Magic Mike Lane.

Acting in such a high-profile film reflects the upward trajectory of Iglesias's career. But rather than use it as a springboard into more film

roles, Iglesias sees opportunities like Magic Mike as a fodder for his standup career.

"I have to keep having new experiences and come up with new material," he says. "I will never give up on my No. 1 passion — performing live stand-up shows."

A San Diego native, Iglesias first gained notice for his broad mix of English and Spanish comedy. Using marketing skills he learned while working as a telemarketer, he quickly branded himself, embracing the nickname "Fluffy" and adopting Hawaiian shirts and shorts as his onstage uniform.

Outside of Magic Mike, Iglesias's film career has mostly been voice work. But he does see himself moving into scripted comedies.

"I think that translating my standup performances to the big screen would be about keeping the material relatable," he says. "I try to

Just For Laughs dates

Gabriel "Fluffy" Iglesias is part of the Just for Laughs comedy tour. Also performing are Martin Moreno, Godfrey and Dom Irrera.

- **Ottawa:** There are two performances at the National Arts Centre on Nov. 15.

avoid material that is polarizing to the audience.”

But to experience Iglesias' comedy in its purest form, fans need only look to the *Fluffy Movie*, a feature-length comedy concert film. Its release in theatres this year added Iglesias to the small group of comics whose act has made it to the big screen.

"Film companies may not know how to market that to the masses," he says. "There is definitely an audience that

Doing his research

Iglesias is known for incorporating local references into his act. He's done it since his earliest open-mic gigs. But as his popularity grew, the comic found himself performing in foreign environs, like his upcoming stop at Massey Hall.

- Iglesias needs to do plenty of research before any gig. “Not so much to pander to a given audience or city, but to make sure they know that I have respect for their town,” he says.
- “I touch on the local element, but most of the material is the same no matter where I perform.”

loves standup. It has brought me around the country and around the world."



Gabriel "Fluffy" Iglesias GETTY IMAGES

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A movie poster for "The Theory of Everything". It features a romantic scene between two young people, a man in a dark suit and glasses (Eddie Redmayne) and a woman in a blue dress (Felicity Jones), embracing outdoors. The background shows a stone building and trees. The title "THE THEORY OF EVERYTHING" is prominently displayed in the center. Above it are the names "EDDIE REDMAYNE" and "FELICITY JONES". Below the title is the subtitle "The incredible story of Jane and Stephen Hawking". At the bottom, there's more text about the film's production and cast, along with social media links and logos for Focus Features and Club Metro. A large green banner on the right side contains promotional text about winning advance screening passes.

**EDDIE
REDMAYNE**

**FELICITY
JONES**

the
THEORY
of
EVERYTHING

The incredible story of Jane and Stephen Hawking

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Her Love Changed His.**

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"THE THEORY OF EVERYTHING" CHARLIE COX EMILY WATSON SIMON MCGURNEY WITH DAVID WHITEHEAD AND NICKA GOLD
CASTING BY JOHANN JOHANSSON COSTUME DESIGNER STEVEN NOBLE EXECUTIVE PRODUCERS IAN SEWELL PRODUCED BY JIM GODFREY DIRECTOR OF PHOTOGRAPHY JOHN PAUL KELLY EDITOR BENJAMIN DELVIGNE MUSIC BY RICHARD HEWITT EXECUTIVE PRODUCERS AMELIA GRANGER LIZA CHASNIN DAVID KOSE PRODUCED BY TRAVELLING TO INFINITY MY LIFE WITH STEPHEN & JANE HAWKING
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Newsroom battled to be first, and right

Television. Jeff Daniels bids farewell to HBO's journalism drama

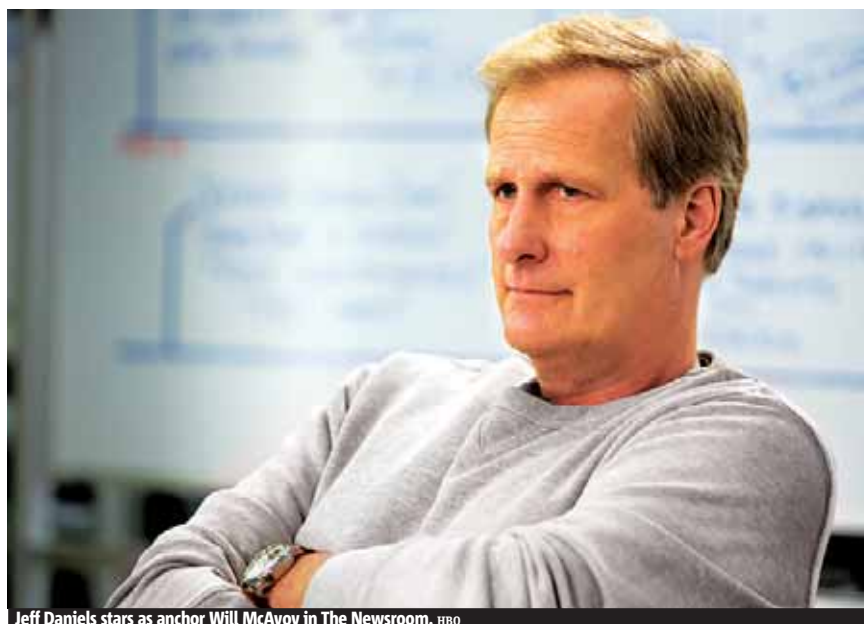
There were neither tears nor cheers at this premiere. That's partially because cast and crew of HBO's drama series *The Newsroom* had already moved on. They wrapped the finale weeks ago.

The party Tuesday night at the Directors Guild in Hollywood was simply to kick off the show's third and final season, which premieres this weekend, and to say, "Good show" to the series.

"The bittersweet part is the people," said actor Jeff Daniels, who portrays the star anchor of a cable-news network struggling with more than ratings. "This was a good group."

The *Newsroom* debuted in June 2012 to much fanfare and strong ratings. But critics were mixed on the series, and fans began to tune out as the first season came to a close.

The second season earned



Jeff Daniels stars as anchor Will McAvoy in *The Newsroom*. HBO

generally stronger reviews, and its premiere saw ratings rebound — although it eventually became clear that the show would never become a

blockbuster, such as *Six Feet Under*.

The network gave a green light to a truncated third and final season, which is not to

be confused with a cancellation, executive producer Alan Poul said.

"If HBO had wanted to cancel us, they wouldn't have

Quoted

"We wanted to go out this way. I think we're going out as strong as we've ever been."

Alan Poul, *The Newsroom* producer

Show time

The third and final season of *The Newsroom* debuts Sunday on HBO.

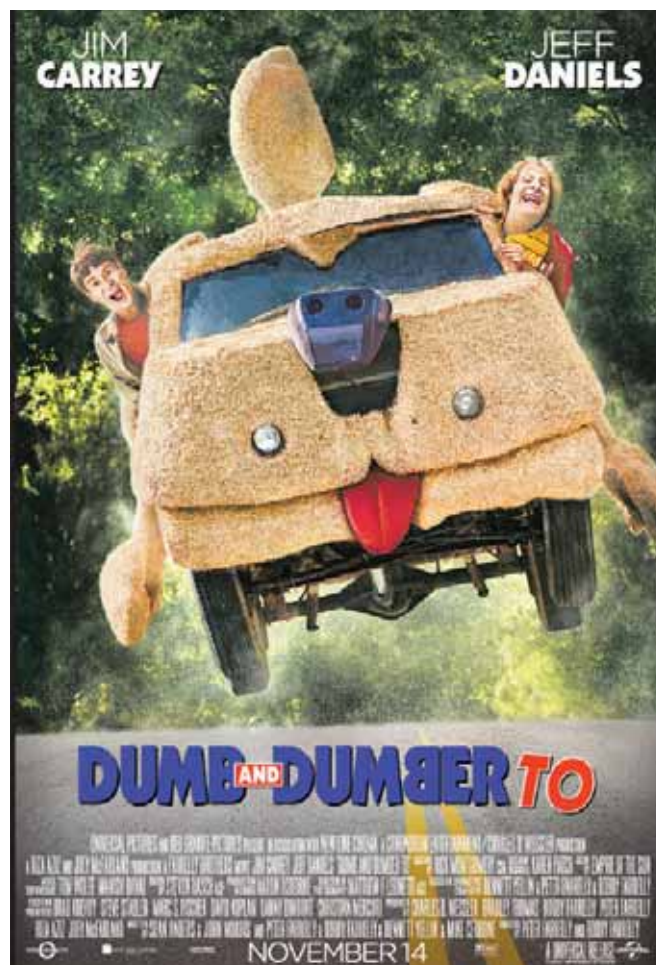
the series has inspired a new crop of journalists.

It made viewers "really fascinated with the guy sitting behind the news desk and the girl writing that column," she noted. "So, I think that was really an exciting thing, and I think it was a great thing."

Daniels said spending three seasons walking in a reporter's shoes left him with a greater appreciation of the challenges facing journalists.

"The struggle these guys have between being right and being first — it's so difficult now with Twitter, with Facebook," he said. "When news breaks, a lot of people go there instead of waiting for journalists to tell you what's really going on or what's true. And the real guys battle that every single day."

THE ASSOCIATED PRESS



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Music

Spotify royalties overtake iTunes in Europe

It looks as if 2014 is going to be the year in which streaming overtakes digital music downloads.

For the first time, royalty payments from Spotify have topped those generated by Apple's iTunes music store in Europe.

In fact, according to Kobalt Music Publishing, which collects fees in Europe on behalf of almost 6,000 songwriters, including ex-Beatle Paul McCartney, during the first quarter of 2014 its artists earned 13 per cent more from Spotify than they did from iTunes downloads.

What makes the figure even more impressive is that, as recently as the third quarter of 2013, iTunes' royalty payments were 32 per cent higher than those of Spotify and, at the end of the year, those revenues were still 8 per cent higher.

However, over the past two years the appetite for music streaming has really taken off. AFP

Streaming. Whole world's a stage for digital bard

To download or not to download, or perchance to stream.

That is the question a new digital project hopes to solve by making performances of Shakespeare's plays available to a global audience on demand for the first time.

In what it says is a world first, London's Globe Theatre has made more than 50 productions available to download as full-length high-definition films on its dedicated online platform.

Among the plays featured is a highly acclaimed produc-

tion of *Twelfth Night*, starring British actors Mark Rylance and Stephen Fry, as well as Roger Allam's award-winning performance in *Henry IV*, Parts 1 and 2.

The films are available to rent for \$7.25 or to buy for \$14.50 at GlobePlayer.tv.

"The Globe is always looking for bold new ways to take Shakespeare out into the world and share his astonishing plays with as many people as possible," said artistic director Dominic Dromgoole. AFP



Shakespeare productions from London's Globe Theatre are now online. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Harry Styles ALL PHOTOS: GETTY IMAGES

Styles knows what he wants in a humanoid

What does a girl need to be to win Harry Styles' heart? Not necessarily a girl, as it turns out. While taking some probing questions during an interview for On Demand Entertainment alongside fellow One Direction member Liam Payne, Styles got a bit playful. When asked what traits they look for in potential girlfriends, Payne joked, "Female,

that's an important trait," to which Styles quickly argued, "Not that important." So what does Styles really want to find in this hypothetical genderless humanoid? A "sense of humour" and "being nice to people," as it turns out. Also, when asked what he "sucks at" — too easy — Styles offered a rather odd list of skateboarding, gymnastics, speaking and singing. Hey, you said it, buddy, not us.

The Word



Cumberbatch proclaims he's off the market — the old-time way



I'm starting to worry that Benedict Cumberbatch doesn't understand how this whole being famous thing works. In an adorably old-fashioned and totally normal move, the Imitation Game star announced his engagement to actress Sophie Hunt-

er with a simple announcement in the Forthcoming Marriages section of London's the Times newspaper. "The engagement is announced between Benedict, son of Wanda and Timothy Cumberbatch of London, and Sophie, daughter of Katharine Hunter of Edinburgh and Charles Hunter of London," the posting reads. Very traditional, yes, but come on, Ben. You could've gotten a lot of mileage out of an exclusive. Of course, given the hysteria level of his female fans, it's understandable he'd want to downplay this. There could be a riot. Next, he'll announce on Craigslist he's been cast as Doctor Strange.

Twitter



@WhitneyCummings

You know it's love when you're not too embarrassed to give him your REAL Starbucks order



@kanyewest

Me and my wife met with President Obama two weeks ago



@channingtatum

That's a wrap!



Britney Spears

Baby, try to sell Britney's tickets one more time

Hey, you want to go see Britney Spears' show in Vegas? Because there are seats available. Like, a lot of them. Production staff are reportedly "scrambling" to fill seats after online ticket sales suggested that Spears' upcoming

performances would be half-empty — although they probably explained it to her as half-full. "She said that there was no way in hell that she would perform to a half-empty theatre," a source tells Radar Online. Among the tactics they've been employing to fill out the space, my favourite has got to be "Britney Day," when anyone who shares the same first name as Spears gets a free ticket. But honestly, an entire theatre filled with women named Britney is kind of terrifying.

bug beauty

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1,000 poses, 1 supermodel: Modern beauty busts a move

Style. Canada's Coco Rocha offers *Study of Pose* in new book

Coco Rocha has graced the covers of countless fashion magazines and walked the runway for leading designers, but the Canadian supermodel dubbed "The Queen of Pose" faced a fresh test for her latest turn in front of the cameras.

The Toronto-born, Richmond, B.C.-raised Rocha teamed up with photographer Steven Sebring for the new book *Study of Pose* (Harper Design). In his introduction, Sebring wrote that his original concept was to capture 1,000 different expressive positions of one person, seeking to document "the fluid, ever-changing beauty of the ever-flexible human form."

The hefty tome features black-and-white images of Rocha clad in a leotard and tights, contorting her lithe frame in 1,000 unique poses.

Pictures of the home-grown beauty were captured by Sebring in his experimental 360-degree 'Rig,' which Rocha described as a darkened, dome-like room with 100 cameras. The photos were shot two years ago over the span of three days, with only



Coco Rocha, seen here in a photo from *Study of Pose*, was 14 when she was discovered by a modelling scout at an Irish dance competition in Vancouver.

STEVEN SEBRING / HO / THE CANADIAN PRESS

Sebring and Rocha's husband, James Conran, present.

As the woman who has been a muse to designers like French fashion legend Jean Paul Gaultier — who wrote the book's foreword — Rocha admitted during the shooting of *Study of Pose* she needed a little inspiration herself at times to fan the creative flames.

"You try to kick out as many poses as you can. But then it gets to the point where you're

like: 'I don't know if I have anything else,'" Rocha said in a recent phone interview from New York.

"That's when I would have Steven and James ... call out these inspirations or people in history. So if it was art history to film noir to film to pop culture, there would be sort of references, and I would kind of go on a riff on them. So: 'What is Michael Jackson to me? What is Grace Kelly?'"

"Definitely, I did hit some roadblocks. But what's interesting is that people looking at this can probably see those moments where you're like: 'Oh, I think this is a little Marilyn Monroe' or: 'Yeah, I can see some Grace Jones in that.'"

Rather than tagging each



Rocha recently announced that she and her husband are expecting their first child next spring.

STEVEN SEBRING / HO / THE CANADIAN PRESS

Reach for the stars

"What's interesting is that people looking at this can probably see those moments where you're like: 'Oh, I think this is a little Marilyn Monroe' or: 'Yeah, I can see some Grace Jones in that.'"

Coco Rocha
Supermodel and subject of *Study of Pose*

photo with a specific headline or name, Rocha said they opted instead to attach numbers to each image in hopes of having readers identify whom she was trying to pay homage

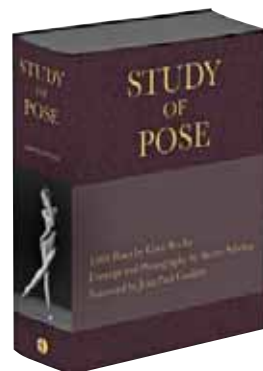
to or to channel in her poses.

In the foreword of *Study of Pose*, Gaultier recalled Rocha "effortlessly leaping through the air, moving my clothes in a way that brought them to life" during the presentation of his Celtic-themed ready-to-wear line in 2007.

"I definitely think dance helped in the sense that I don't overthink it, I don't get too frustrated with what I'm doing. Just have fun with it, enjoy it," said the 26-year-old.

"We're muses. We're supposed to inspire people. So the book also is to inspire what the body can do. If you really look through all of those photos, you can start to notice the body can do a lot of things."

THE CANADIAN PRESS



Canadian street style

Spotted in: Toronto

Name: Chiaki

Age: 22

Occupation: Student

What she's wearing

New Balance shoes, American Apparel pants, coat and sunglasses from Urban Outfitters and a

vintage shirt purchased in Kensington Market.

Her inspiration

"I look up to fashion icon Alexa Chung. I love her relaxed and messy style."

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Trends Report

I've written about how I despise the lumberjack look in a previous Trends Report posts, but it appears as though the 'lumbersexual' is on the rise, according to a trending article by Gear Junkie. Go online to Trends Report to see what makes a 'lumbersexual'. Are they slowly overtaking their tidier counterparts, the metrosexuals?

• Online. metronews.ca/trends-report

• Follow Irene on Twitter @MetrolreneK and Instagram @kuanirene

• Photo Actor Mike Vogel sporting the lumbersexual look. Getty Images



Turn down the sound with decor

Concrete ceilings and floors transfer noise, and so do windows and hardwood flooring. Here are a few designer ideas that help stop unwanted sound from bouncing around



Upholstered headboard

For ultimate sound absorption, buy a king-sized padded headboard. It will help muffle sound and anchor your bed and end tables while giving big scale and proportion to a small- or average-sized room. Nexxt Luxe Headboard Panels, 18 inch square, \$100 for a set of 8, KitchenStuffPlus.com.



Carpeting

Wall-to-wall broadloom or a large room-sized area rug will help absorb sound and keep it from bouncing off concrete and wood floors. Liora Mad Plaid Carpet Squares, 18 inch square, \$20. CB2.com.



Draperies

Draperies not only help to deaden the sounds that bounce off glass, they also add a soft touch to hard walls. Look for draperies that have a thick lining or insulation built into the back. Whole Home Kingsley Foam-backed Grommet Drape Panels, from \$32, Sears.ca.

White noise machines

Tired of hearing your neighbours and room-mates? Try a white noise machine to create a comfortable atmosphere so you can drift off to sleep. HoMedics SoundSpa Portable White Noise Machine, \$30, Well.ca.



Earphones for TV



A necessity when all your roommates have their own televisions in their bedrooms. Friends Taylor Headphones, \$200, UrbanOutfitters.com.

More ways to enjoy the sound of silence

- Invest in solid-core interior doors for your place. They will help to reduce sound between hallways and rooms while giving a quality weight to the doors.
- Use big canvas art to absorb room sounds and create a barrier between large wall spaces.
- Hang decorative quilts or tapestries using a simple curtain rod. It's a great way to dress up a wall and add big impact.

Furniture. Iconic Series 7 chair turns 60, gets a throwback of a makeover

Danish design stalwart Republic of Fritz Hansen is releasing two limited editions of its Series 7 chair next year to mark its 60th anniversary.

First created in 1955 by Danish architect and designer Arne Jacobsen, the stackable Series 7 chair remains in production and 2015 will see the introduction of a pale pink lacquer edition with 24 carat gold-plated legs and a dark blue lacquer edition with burnished legs.

The two contrasting designs represent the concepts of femininity and masculinity to fit in with the 60th anniversary theme of Opposites Attract. Each chair has a commemorative golden plate mounted on the underside of the shell. AFP

Design classic

The Series 7 chair has become a design classic in the first six decades of its life, being displayed everywhere from MoMA in New York to Centre Bakery in Tokyo.

- It is the most-sold chair in the history of Fritz Hansen.



The 60th anniversary edition of the Series 7 chair. REPUBLIC OF FRITZ HANSEN



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Sup, dog? Reintroduce yourself to a memorable carnival fave

Holy Kobe Corn Dogs.

Missing summer? Relive it with these high-quality bites

"Street food and carnival food are kind of like cousins," writes Matt Basile in his book *Street Food Diaries*. "Things get fried. Things get put on sticks, and everything is about fun and flavour first. Corn dogs are the ambassador of this relationship."

"You'll need 10 wooden skewers for this. You can do this recipe with any hotdog, but if you can find Kobe beef dogs I highly recommend you use them. They are the tastiest hotdogs I have ever had, and the flavour just explodes when you bite into them."

Basile also advises, "You can take this recipe one step further by cooking some strips of bacon to the point where they are cooked but not too crispy to manipulate. Wrap the bacon tightly around the

Ingredients

- 1 cup (250 ml) yellow cornmeal
- 1 cup (250 ml) all-purpose flour
- 4 tsp (20 ml) baking powder
- 1/4 tsp (1 ml) kosher salt
- 1/4 tsp (1 ml) black pepper
- 1 egg
- 1 cup (250 ml) 2% milk
- 10 all-beef hot dogs
- 10 wooden skewers
- 1/2 cup (125 ml) yellow mustard
- 2 tbsp (30 ml) sambal oelek



This recipe serves six to 10. KYLA ZANARDI

dog and pierce each end of the bacon with the skewer to keep it in place. Batter it and fry it as below. (P.S. You're welcome!)"

1. First, make your batter. In a large bowl, combine the corn-

meal, flour, baking powder, salt, and pepper. Crack in the egg, add the milk, and then mix your batter thoroughly. Skewer the hotdogs with the wooden skewers, and dip them in the batter. Fry them, three at

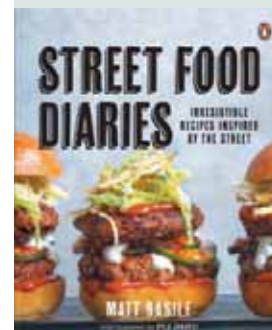
a time, in a pan (not a skillet) with 1/2 inch (1 cm) of canola oil heated to 350 F (180 C) for approximately 3 minutes on one side. Flip and do 3 minutes on the other side, then rest them on paper towel to soak up

the excess oil.

2. In a bowl, mix the mustard with the sambal. Now you have spicy sambal mustard that has the familiarity of the bright yellow mustard but with a bit of

Cookbook of the Week

From the street to your kitchen table



For years, Matt Basile has been serving up to-die-for street eats through his street food brand Fidel Gastro's. In his book *Street Food Diaries*, he shares more than 85 street-food recipes that are accompanied by mouth-watering photography and stories of street food culture.

If it's on a stick, in a bun or covered in bacon, it is in *Street Food Diaries*. Try making your own Buffalo Chicken Patty Melt, Creole Poutine, Pork Riblets, Tilapia Doubles, BBQ Brisket Breakfast Burrito and more. **METRO**

kick. **RECIPES FROM STREET FOOD DIARIES: IRRESISTIBLE RECIPES INSPIRED BY THE STREET BY MATT BASILE. COPYRIGHT MATT BASILE AND KYLA ZANARDI, 2014. REPRINTED WITH PERMISSION OF PENGUIN CANADA BOOKS INC.**



This recipe serves four people. KYLA ZANARDI

Snack. Pad Thai Fries

1. Melt the butter in a pan over high heat. Stir in the Sriracha sauce and lemon juice. Turn down the heat to low, and cook for approximately 5 minutes, or until the sauce is a nice velvety, orange colour. Let the sauce cool and congeal so when you apply it to your fries it's more of a paste than a sauce.

2. Fry the fries in the deep-fryer with oil at 360 F (185 C) for 5 or 6 minutes, or until they're crispy and golden brown.

3. In a large bowl, toss the cooked fries in the sauce. This lets you coat the fries without making them soggy. Transfer

the coated fries to a serving dish, and top with bean sprouts, cilantro, and lime wedges. If you want to make it even more pad Thai-y, you can top it with crushed peanuts.

Ingredients

- 2 cups (500 ml) salted butter
- 3 cups (750 ml) Sriracha sauce
- 1 cup (250 ml) lemon juice (about 4 large lemons)
- 1 (1 lb/500 g) bag oven fries
- 1 cup (250 ml) bean sprouts
- 1 cup (250 ml) cilantro
- 4 limes
- 1/4 cup (60 ml) crushed peanuts

For your phone

Peter Gilmore (iPad; \$6.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This is the tactile, interactive story of eight dishes told with beautiful photography that transition through changes with your touch, revealing cooking steps and sharing each ingredient's international backstory.



Mr. Hockey

Howe skating quickly down road to recovery: Family

Gordie Howe's family says the Hall of Famer is recovering from the stroke he suffered last month quicker than expected.

"The Howe family is pleased to report that over the past week Mr. Hockey has been recovering at a remarkable rate, including his speech, and his ability to walk with the assistance of a walker," read a Howe family statement released Tuesday.

"Our father has been truly moved by the countless phone calls, letters, emails, posts, and the Red Wings 'Get Well' gesture during the Oct. 31 game."

The former Red Wing great is 86 and also suffers from a form of dementia.

THE CANADIAN PRESS

PEDs

A-Rod admitted steroids use to DEA: Lawyer

A lawyer for the University of Miami's former pitching coach said Wednesday that Alex Rodriguez admitted to federal investigators he used steroids supplied by the owner of a now-closed South Florida clinic.

The Miami Herald first reported Rodriguez's admission Wednesday, saying he met with DEA agents on Jan. 29 at the agency's South Florida field office. Given a grant of immunity from prosecution, Rodriguez told investigators he did use banned substances between late 2010 and October 2012.

THE ASSOCIATED PRESS

Busy November will put Sens to the test



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

November will be a challenging month for the Ottawa Senators. With two games already in the books versus the Bruins and Red Wings, the club plays another 12 in the next 25 days. Needless to say, it won't be easy. The Senators' schedule contains a second meeting with Detroit, a Western Canada road trip, two matchups versus the Blues and three sets of back-to-back outings.

At November's end last season, six of eight Eastern Conference teams holding playoff positions managed to hang on to them. The Senators opened the campaign with a surprising 4-1-1 record and are 2-2-1 in their past five starts, which included two games with the Blackhawks, a visit to Boston and Tuesday's thrilling victory over the Red Wings.

It's still early — on any given night the club is either on the outside looking in or sitting as high as third in the Atlantic Division. Thus, the Senators have very little margin for error.

Fortunately the tandem of Craig Anderson and Robin Lehner are providing stellar netminding. Allowing 35.5 shots per game, 28th-ranked league-wide, Anderson and Lehner are the team's salvation, especially during second periods where the team is being outshot 155-94. Despite the lopsided shot total, the Sens and their opposition have tallied nine goals each.



The Senators' Bobby Ryan rocks the Red Wings' Niklas Kronwall with a check at the Canadian Tire Centre on Tuesday night. The Sens won 3-1. FRED CHARTRAND/THE CANADIAN PRESS

While it's a testament to their superior goaltending, it doesn't take an analytics genius to know the Senators can't sustain these numbers over a long stretch.

Coach Paul MacLean's defence has appeared out of sorts, but is starting to display signs of improvement. Jared Cowen, a healthy scratch on five occasions, played his best game Tuesday. While Erik Karlsson remains an offensive dynamo, defensively he's been inconsistent. One reason is the 24-year-old captain is paired with a new partner on a game-by-game or, at times, shift-by-shift basis.

Blue-liner Marc Methot is still battling a back/hip ailment. The Ottawa native is skating, but is still unavailable.

The good news is the Senators are saving their best for last. The team is outscoring opponents 16-8 in the final 20 minutes. Even better, the team is 2-2-1 when trailing entering the third. Call them pesky or whatever you wish, MacLean's group doesn't give up.

At the 11-game mark of the young campaign, the Senators are averaging 2.73 goals per game, slightly less than their 2.79 of last season, which included Jason Spezza.

Will this be a November to

remember? Sens fans certainly hope so in a good way.

Vs. Red Wings Tuesday

	Corsi events*	CF%**
Erik Karlsson	71	42
Jared Cowen	30	53

- Cowen didn't have a shot on goal, but had a better Corsi For percentage than Karlsson, who had three shots and a goal.

* Shots + missed shots + blocked shots
** Corsi For divided by all Corsi events
STATS COURTESY OF HOCKEYSTATS.CA

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Saturday, Nov. 8
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Messi ties Raul's record in win over Ajax

Lionel Messi celebrates with his teammates after scoring his second goal against Ajax in Amsterdam on Wednesday to tie the Champions League record of 71 career goals in Barcelona's 2-0 win. Scan the image with your Metro News app for a round up of Wednesday's action from around Europe. EMMAUEL DUNAND/AFP/GETTY IMAGES



NHL

Pens sign Fleury up for four more years of service

Marc-Andre Fleury isn't going anywhere.

The Pittsburgh Penguins signed the franchise's all-time winningest goaltender to a four-year contract extension on Wednesday worth \$23 million.

The new deal, which begins next year, runs through the 2018-19 season.

"Just nice to get it over with, not think about it anymore and just go play some hockey and try to win some games," Fleury said. "Just focus on hockey and not anything else."

The 29-year-old Fleury was in the final season of a seven-year contract he signed in 2008.

THE ASSOCIATED PRESS

Tumultuous two-some

Obama sends trash talk back M.J.'s way

U.S. President Barack Obama says Michael Jordan should focus on running his NBA franchise rather than criticizing his golf game.

Obama responded Monday to Jordan's comments that he was a bad golfer by telling Wisconsin radio station WJMR the former NBA star "wasn't very well informed about this."

Obama says Jordan is a better golfer but added, "Of course, if I was playing twice a day for the last 15 years, then that might not be the case."

Jordan told Back9Network he'd be willing to play with the president but "he's a hack. Man, I'd be all day playing with him."

THE ASSOCIATED PRESS

Canadian Zaidi lands top job with Dodgers

MLB. Sudbury native to take dream job, will become league's first ever Muslim GM

While finishing his doctorate in economics at UC Berkeley, Farhan Zaidi daydreamed about working in Major League Baseball. Eating lunch at his desk, he would browse the web searching for front-office job postings.

Born in Sudbury but raised primarily in the Philippines, Zaidi had been obsessed with baseball ever since he was a kid: playing little league in Manila, poring over Bill James' Baseball Abstracts and collecting O-Pee-Chee cards on summer trips to Canada.

But as a number-crunching graduate student, a job in baseball was just a fantasy.

Now, just over a decade later, Zaidi has landed one of the most prestigious gigs in the game. The 37-year-old, who spent the past 10 years in the Oakland A's front office, will be named general manager of the L.A. Dodgers later this week.

Zaidi, who is of Pakistani descent, will become the first Muslim GM in MLB history, and just the sixth Canadian.

During his daydreaming days, Zaidi actually applied to work for the Blue Jays — and the A's and Dodgers — on a whim after reading Moneyball, Michael Lewis's book about Oakland GM, Billy Beane. J.P. Ricciardi, who was Beane's assistant GM in the book was at the Jays' GM helm at the time.

"Basically I targeted people in the book," Zaidi told the Torstar News Service earlier this



Farhan Zaidi, seen here talking to Oakland A's defensive co-ordinator Juan Navarrete will be named GM of the Los Angeles Dodgers later this week. Born in Sudbury, Zaidi will become MLB's first ever Muslim GM. MICHAEL ZAGARIS/TORSTAR NEWS SERVICE

High expectations

Zaidi inherits a team in the Dodgers that boasts the highest payroll in the league and several marquee players, but one that hasn't won a World Series in more than a quarter century.

year. "I thought one of them might find me to be a possible candidate." He never heard back from any of them.

Zaidi kept trying and was eventually hired by the A's as an analyst in 2005, quickly becoming one of Beane's most-trusted deputies. He became as-

sistant GM last season.

Praising both his "qualitative" and "creative mind," Beane once said of Zaidi: "I'm more worried about losing him to Apple or Google than I am to another team."

Zaidi's parents met and were married in Pakistan, but his father went to college in England and in 1968 took a job as an engineer with Inco, the mining company in Sudbury. They moved to Manila before Zaidi's fourth birthday.

After getting his bachelor in economics from MIT, he worked in management consulting and for a fantasy sports company before doing his PhD at Berkeley.

Initially drawn to the game, by playing, Zaidi grew fascinated with the game's analytical side and became interested in the nuances of scouting and player development.

Numbers aside, what Zaidi likes most about working in baseball is the chance to win, something he will be under great pressure to do in L.A.

"There's no feeling like when you're watching the end of the game with people you work with and you pull a victory out of nowhere and everybody's going bonkers," he said back in May, while still with the A's. "That's still as exhilarating as it gets for me."

TORSTAR NEWS SERVICE

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't be impulsive or you could end up paying out a lot more than you can afford. A "one time offer" is nothing of the sort. The safest place for your money today is in your pocket.

♉ Taurus

April 21 - May 21

It would be a mistake to place your faith in what others believe rather than what your instincts tell you is true. Do only what feels right to you.

♊ Gemini

May 22 - June 21

Why are you so determined to make an issue out of something that is of no real significance? Maybe you need an excuse for a confrontation. If so, watch out. Today's full moon could bring a few surprises.

♋ Cancer

June 22 - July 23

Don't get too involved in what others are doing. Your life is changing so rapidly at the moment that it would be a mistake to tie yourself down.

♌ Leo

July 24 - Aug. 23

If you find yourself under attack from a friend today, ask yourself why they are so angry with you. Have you failed to live up to your side of a bargain? If so, apologize and make amends.

♍ Virgo

Aug. 24 - Sept. 23

Gossip may be fun but it won't do much for your rep if others get the impression that you are muddying waters for no reason.

♎ Libra

Sept. 24 - Oct. 23

You are always ready to help others but that does not mean they should take your good nature for granted. Start getting tough with those who are using you for their own ends.

♏ Scorpio

Oct. 24 - Nov. 22

Today's full moon in your opposite sign suggests that a relationship is going through a bumpy phase. Don't give up on it. In a few days you will realize how trivial your differences are.

♐ Sagittarius

Nov. 23 - Dec. 21

You are in one of your winning moods but the vital thing is that you win with style. Your personality demands not only that you take first place but that you take it with a smile.

♑ Capricorn

Dec. 22 - Jan. 20

If you try to accommodate every opinion over the next 24 hours, you will alienate everyone. First impressions are the most reliable, so go with your instincts and back those whose outlook you feel an affinity for.

♒ Aquarius

Jan. 21 - Feb. 19

Make sure you have all the facts about a certain situation before making a decision that could affect your career path.

♓ Pisces

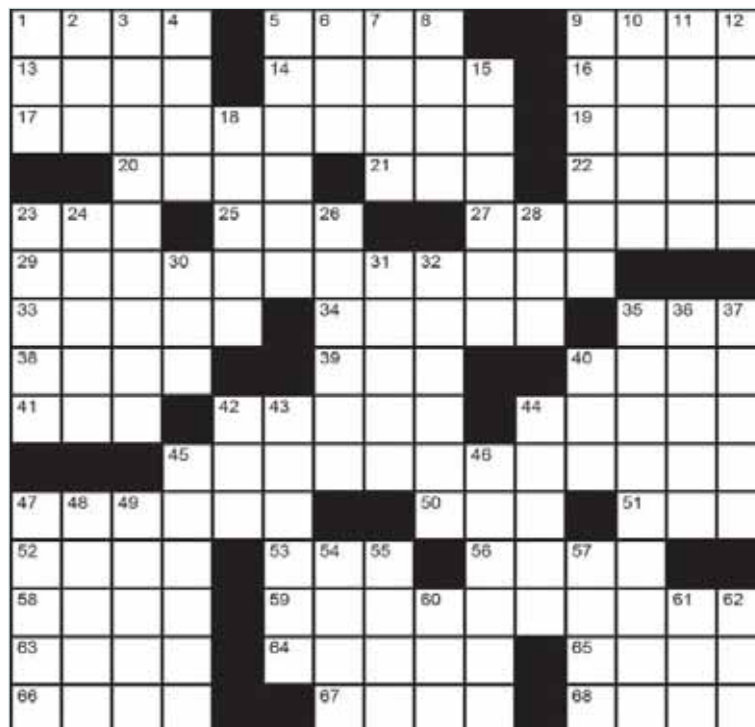
Feb. 20 - March 20

Today's full moon indicates that you are torn between opposing options. Toss a coin if you have to choose a path and stick to it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Abundant
5. Ancient's 602
9. Celebration
13. "Thanks ___!" (Tonnes of appreciation!)
14. Shania Twain's "(If You're Not in It for Love) I'm ___ Here!"
16. Washstand vessel
17. Archaeological undertakings: 2 wds.
19. Stead
20. Devil's domain
21. Musical note
22. Dynamites
23. 'Deterior' suffix
25. The Raven poet's monogram
27. Martin Short comedy, "Three ___!" (1986)
29. Guinness publishes them: 2 wds.
33. Fragrant flavouring
34. "Funkytown" by __, Inc.
35. ___ Boys (1886 Louisa May Alcott book)
38. Do some garden-
39. Head topper
40. Purge
41. Many mins.
42. Video game pioneer
44. Celebrity chef Mr. Oliver
45. Group of Seven artist, ___-___ (b.1873 -d.1932)



47. ___ Murad (Fashion designer)
50. Lay grass
51. Function
52. Oomph
53. 'Fluor' suffix
56. TV producer Norman
58. Microscope piece
59. Award-winning

- comedy series on TMN and Movie Central starring Jason Priestley: 3 wds.
63. Frankie Avalon's "___ Dinah"
64. Madonna movie
65. Hurt
66. Formal org.
67. Wool

68. Actress Nikki

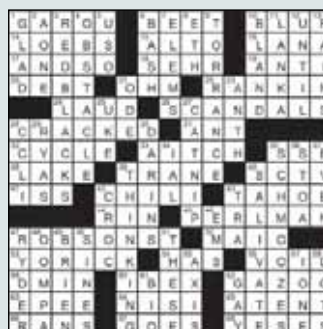
Down

1. WWII fliers
2. Point-of-view
3. ___ and Oceans Canada (Federal department)
4. Additional
5. Loonie

6. 'Gum' for a cow
7. Medical-style suffix
8. Luba's "Let ___"
9. One of the 3 Chefs on "Cityline", Randy
10. "Dallas" family
11. Manage: 2 wds.
12. Architectural framework

15. "I just got ___ pain in my gut!"
18. L' ___ Montreal
23. Flooded
24. Skincare product
26. Denzel Washington/John Travolta movie, "The Taking of ___ 1 2 3" (2009)
28. Physicians, puny-ly
30. '60s hallucinogen
31. "Oh" by ___ featuring Ludacris
32. Light science
35. "Poison Heart" singer/songwriter from Victoria, BC: ___
36. Trompe l' ___ (Visual illusions)
37. Chef on "The Muppet Show", for one
40. California city, ___ Bernardino
42. Some vowels
43. Three times
44. Country singer Ms. Messina: 2 wds.
45. Village in south-central Saskatchewan
46. Sleeve style
47. Nintendo's The Legend of ___
48. "___ Gold" (1997)
49. Gives
54. History's Mr. Crockett
55. Mr. Kazan
57. Outlying
60. B, Z or M, e.g.
61. Tea: French
62. Alphabet's ender in Canada

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	1	5	2	9	6	3	7	4
4	6	9	7	3	5	1	2	8
7	3	2	4	1	8	5	6	9
5	2	6	9	8	1	4	3	7
3	4	7	5	6	2	9	8	1
1	9	8	3	4	7	2	5	6
2	8	4	1	7	3	6	9	5
9	7	3	6	5	4	8	1	2
6	5	1	8	2	9	7	4	3

4	3		6			2		8
		5	8			4		
								7
1			4		3			
				7				
			2		6			4
9								
			5			7	1	
8		4			7		3	2

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